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PHILADELPHIA NO. 1 FREE DAILY

Tuesday, March 20, 2018 metro.us | t: MetroPhilly | f:



IS THE FLU OVER?

We all know that the flu season this year has been out of control. 12



Penn St. student gunned down in West Philly. 6

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DEATH FOR DEALING

Citing spikes in overdose deaths, President Donald Trump on Monday officially called for the execution of opioid drug traffickers. 4

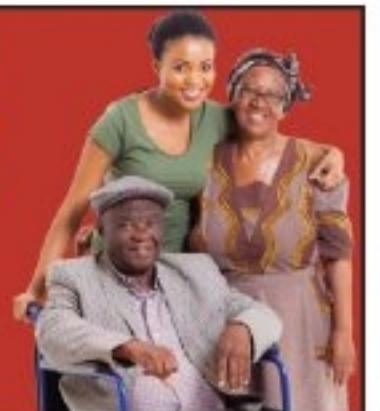
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WELCOME TO METRO PHILLY



SAM NEWHOUSE, REPORTER

So you think spring is finally here? Think again. Jack Frost has not released Philly from his icy grip quite yet. Read more about the weather on page 9. Also, the U.S. Supreme Court rejected appeals to Pennsylvania's new court-issued Congressional District map, and, in a local story, police are investigating a young woman's murder outside a West Philly lounge. Read more at metrophilly.us.

TRUMP ADDS DC LAWYER DIGENOVA TO LEGAL TEAM

I President Donald Trump is beefing up his legal team with a lawyer who accuses the FBI and U.S. Justice Department of trying to frame Trump with false charges of colluding with Russia during the 2016 election campaign, possibly signaling a more aggressive drive to discredit Special Counsel Robert Mueller. Washington lawyer Joseph diGenova will join the legal team later this week, accord-

ing to attorney Jay Sekulow, who also represents Trump. DiGenova, a former U.S. attorney for the District of Columbia, did not respond to requests for comment. According to diGenova, when Clinton lost the 2016 presidential election to Trump, the senior officials, including former FBI Director James Comey, sought to ruin Trump with an investigation into possible collusion between his 2016 campaign and Russia.

FACEBOOK SECURITY CHIEF TO DEPART AMID SCANDAL

2 Facebook chief information security officer Alex Stamos is leaving the company in August, a source said on Monday, and a report cited internal disagreements over how the social network should deal with its role in spreading disinformation. The New York Times first reported his departure from the company. At Facebook, Stamos had been strongly advocating for investigating and disclosing Russian activity

on the social media platform, often to the consternation of top executives, including Chief Operating Officer Sheryl Sandberg, the newspaper said. The company is under fresh scrutiny after media reports that political consultancy Cambridge Analytica harvested private information from more than 50 million Facebook users in developing techniques to support President Donald Trump's 2016 election campaign.



GETTY IMAGES

5 THINGS YOU NEED TO KNOW

LUMINALE FESTIVAL LIGHTS UP FRANKFURT

3 Spectators enjoy the "light art/video mapping installation" of Philipp Geist during the Luminale Festival on March 19, 2018, in Frankfurt, Germany. Abstract, painted compositions are projected onto buildings' facades. The Luminale, described by organizers as a "Biennale for light art and urban design," will illuminate landmarks and buildings in Frankfurt with artistic compositions until March 23.

TX POLICE INVESTIGATE SERIAL BOMBER IN AUSTIN

4 Police in Texas fear a serial bomber planted four powerful explosive devices that have killed two people and injured four others this month, raising fears in the state's capital, Austin, of another attack. Investigators said they have no clear idea what motivated the series of attacks, which began 17 days ago, and have publicly reached out to the bomber, urging him or her to contact them and explain what his demands are.

The first three devices were parcel bombs dropped off at night in front of homes on the city's east side, with the fourth a trip wire device that went off in a west side neighborhood on Sunday. All four devices were similar, police said on Monday. "We are clearly dealing with what we expect to be a serial bomber at this point," Austin Police Chief Brian Manley told a news conference near the site of Sunday's bombing.

SUPREME COURT REJECTS NEW DACA CHALLENGE

5 The Supreme Court on Monday required Arizona to continue to issue driver's licenses to the adult immigrants known as Dreamers, refusing to hear the state's challenge to the program that protects hundreds of thousands of people brought into the country illegally as children. The case centered on the Deferred Action for Childhood Arrivals (DACA) program created in 2012 under Democratic President Barack

Obama. Those who signed up for DACA are shielded from deportation and given work permits. The high court refused to hear Republican-governed Arizona's appeal of a lower court ruling that barred the state from denying driver's licenses to people protected under DACA. Mark Brnovich, Arizona's attorney general, expressed disappointment that the justices sidestepped the issue of whether Obama had the authority to create DACA.

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President Trump said that he was considering litigation against drug companies implicated in the opioid crisis. GETTY IMAGES

As opioid crisis grows, President Trump calls for death penalty for dealers

The Justice Department will also target negligent physicians and pharmacies, Trump said.

President Donald Trump spelled out in new detail several steps he favors to fight a U.S. epidemic of opioid abuse, including the execution of drug dealers, a proposal that has gained little support from drug abuse and judicial experts.

At an event in Manchester, New Hampshire, Trump unveiled an anti-opioid abuse plan, including his death penalty recommendation, new funding for other initiatives and stiffer sentencing laws for drug dealers.

He said the United States must "get tough" on opioids. "And that toughness includes the death penalty," he said. Neither Trump nor the White House gave further details as to when it would be appropriate to seek the death penalty.

Trump said that he was working with Congress to find \$6 billion in new funding for 2018 and 2019 to fight the opioid crisis. The plan will also seek to cut opioid prescriptions by a third over three years by changing federal programs, he said.

Addiction to opioids — mainly prescription painkillers, heroin and fentanyl — is a growing U.S. problem, especially in rural areas. According to the Centers for Disease Control and Prevention, 42,000 people died from opioid overdoses in 2016.

For Trump, the New Hampshire visit returned him to a state that gave him a key Republican primary election win when he was a political newcomer in 2016. Back then, he promised to tackle the opioid crisis, which is severe in the New England state.

In October, he declared the crisis a public health emergency, but without providing more money. Some critics, including Democratic lawmakers, said then that the declaration was meaningless without additional funds.

In Manchester, Trump stopped at a local fire station that helps addicts get treatment. He was greeted by roughly 200 protesters, some chanting "You talk, we die."

Others carried signs,

including one that read "Donald J. Duterte," a reference to the Philippine leader Rodrigo Duterte, whose brutal crackdown on drugs has led to thousands of deaths.

Trump said he wanted to give first responders access to life-saving drugs that can reverse overdoses. He said the nasal spray Narcan, which can block opioid effects in overdoses, would be provided free to U.S. schools.

"I am all for punishing drug dealers, but I'm not for pushing the death penalty."

Ohio Democratic Rep. Tim Ryan

He introduced Mike Kelly, an executive at Adapt Pharma, which makes Narcan. "We've provided, free-of-charge, four boxes to all colleges and universities in the United States. Two boxes free for every high school in the United States, as well as educational awareness," Kelly said.

Shares in Narcan seller Opiant Pharmaceuticals rose sharply after Trump's comments.

Trump also said his plan would crack down on international and domestic illicit drug supply chains. Part of that would include requiring electronic data for 90 percent of international mail shipments with goods, he said.

Ohio Democratic Rep. Tim Ryan, in a statement, said Trump took too long to offer a plan, but praised him for offering "ambitious, evidence-based reforms."

He added, "I am disappointed that President Trump felt the need to ... encourage prosecutors to seek the death penalty against drug dealers. I am all for punishing drug dealers, but I'm not for pushing the death penalty." REUTERS

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Police hunt 23-year-old college student's killer

A woman was killed in West Philly while her father and grandfather were shot defending her.



SAM NEWHOUSE
sam.newhouse@metro.us

Philadelphia police said on Monday they had identified and were seeking the man who shot a 23-year-old Penn State student in the early evening near 52nd and Market streets.

Dominique Oglesby, 23, died from a gunshot to the back she sustained just around 4:22 p.m. on the 5200 block of Market Street. Two men reportedly identified as her father, 42, and her grandfather, 66, were shot: her father in the foot, and grandfather in the arm, but both were reportedly in stable condition. Oglesby was pronounced dead at



Dominique Oglesby, 23, died from a gunshot to the back.
COURTESY OF OGLESBY FAMILY

4:42 p.m. at Penn Presbyterian Hospital.

Police said the shooting stemmed from a dispute between two women inside a restaurant known as the Galaxy West Lounge where Oglesby had gone to place a food order.

"There was a disturbance in the bar between a couple of girls," said Homicide Unit Capt. John Ryan. "The women were fighting, other people got involved in the fight, it started and went inside then went back outside. ...

She had called her family over to help her out."

Ryan said the "melee" ranged from inside to outside the bar, and as the fight spilled onto the street for a second time, Oglesby was shot fatally in the back, he said.

"Both sides were known to each other," Ryan said. "It's complicated, there was a lot of people involved. ... An associate of one of the witnesses ultimately had a firearm. He was set upon by the other side's [Oglesby's] family members during the whole big melee that broke out."

Family of Oglesby told 6ABC they disagreed with the police description, saying the shooting was sparked by "road rage," but Ryan denied that account.

"It has absolutely nothing to do with road rage," Ryan said.

Oglesby reportedly was due to graduate Penn State in the spring.

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Main Line Fertility offers hope after recurring pregnancy loss

WRITTEN BY
Amy Smith

Pregnancy loss is a frustrating, emotionally charged experience.

"So many women end up thinking they did something wrong; that they caused it somehow," says Dr. Ben Gocial, an infertility specialist at Main Line Fertility. "The truth of the matter is that miscarriage is usually a random event that has nothing to do with anything the patient did."

While certain lifestyle habits, like heavy smoking, may elevate the overall risk, it's highly unlikely that physical activity could contribute to a loss. In fact, there's little to nothing a

woman can do that might inadvertently cause it.

Miscarriage occurs in 10 to 25 percent of all pregnancies, according to the American Pregnancy Association, and Dr. Gocial adds that experiencing two back to back isn't that uncommon. Be that as it may, it doesn't necessarily mean that something's wrong.

"They're typically two unrelated events," says Dr. Gocial. "It's not unlike throwing a single die and hoping that you don't roll a six. How unusual would it be if you rolled two in a row? You wouldn't automatically assume that the die was broken."

Even after two miscarriages, for most women, the chances of the next pregnancy being

normal are relatively high. Recurring pregnancy loss is generally defined as three losses without having a successful pregnancy. But when a woman has already experienced two miscarriages, the last thing they want is to wait for a third.

"And I don't blame them. I'd hate for someone to go through a third miscarriage if it might have been preventable," Dr. Gocial adds. "This is why it's helpful to talk to a doctor to see if there's anything obvious going on that might be playing a role."

One of the most common causes is having an abnormal uterus, which can usually be spotted with an exam and ultrasound. Similarly,

running blood work may reveal an autoimmune issue, for example, that's making it difficult to achieve a successful pregnancy. The takeaway here is that a basic exam and a few in-office screening tests are usually all it takes to reassure the patient.

If the doctor does identify a cause for concern, that doesn't necessarily mean that having a baby is out of the question. Main Line Fertility leverages today's most cutting-edge fertility treatments to give each patient a customized experience. Every fertility journey is different and no two people are alike. With the right care, many go on to achieve healthy pregnancies.

Main Line Fertility prides itself on delivering warm,



compassionate care to each and every patient, which is why Dr. Gocial and his team lead with safety and empathy.

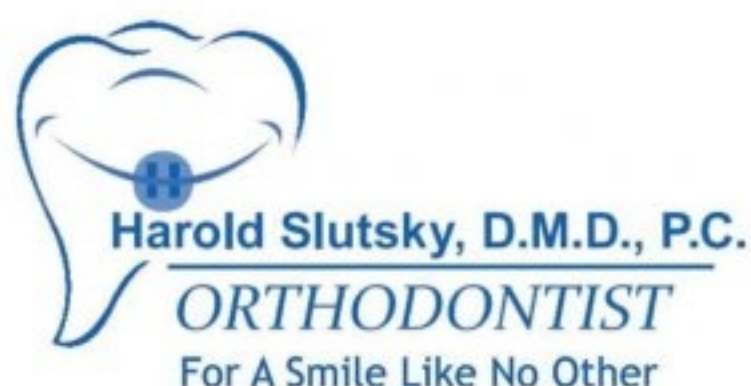
"If it's warranted, we always order the appropriate diagnostic testing, but we're certainly not going to overwhelm you with a boat load of unnecessary, and often expensive, tests," he says. "We care more about offering the best possible

care so that you can welcome a baby into your life as easily as possible. The idea is to make it a cost-effective, stress-free experience."

Main Line Fertility currently has active locations in Paoli, West Chester, Philadelphia, and Bryn Mawr. To learn more, visit www.mainlinefertility.com.

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Pennsylvania voters in the upcoming 2018 midterm election will be voting according to a new congressional map. GETTY IMAGES

US Supreme Court upholds Pennsylvania congressional map in win for state Democrats

Critics had long pointed to the state's bizarrely shaped districts as a prime example of partisan gerrymandering.

In a boost to the Democratic Party's chances of winning back the U.S. Congress this year, both the U.S. Supreme Court and a Pennsylvania panel of federal judges on Monday rejected Republicans' efforts to block the state's new congressional district map from taking effect.

The twin rulings, which all but guarantee that November's midterm elections in Pennsylvania will be contested using the new boundaries, came just 24 hours before candidates for the U.S. House of Representatives must file petitions to secure spots on ballots.

The state Supreme Court ruled in January along party lines that the Republican-controlled legislature illegally designed the old boundaries to hurt Democratic voters, violating their constitutional rights. After the legislature did not meet a court deadline to submit a new version, the court drew its own map.

Independent political analysts have said the new map will boost Democratic chances in one-third of the state's 18 seats, which Republicans have dominated since the old district lines took effect in 2011 despite Pennsylvania's status as a closely divided electoral swing state.

Republicans hold 12 of those 18 seats after Democrat Conor Lamb's surprise victory last week in a special election. All told, Democrats need to flip 23 seats nationwide to capture control of the House.

The state's Republican legislative leaders had asked the Supreme Court

to block the map from taking effect, while eight Republican Congress members and two Republican state lawmakers separately filed a lawsuit in federal court in Harrisburg seeking essentially the same remedy.

In both cases, Republicans argued that only lawmakers have the power to draw voting districts. President Donald Trump, a Republican, had urged legislators to contest the map.

The panel of three federal judges, all appointed by Republican presidents, dismissed the Harrisburg lawsuit on Monday, finding that individual lawmakers did not have standing to bring such a complaint on behalf of the entire state legislature.

The U.S. Supreme Court, meanwhile, rejected the Republicans' petition in a single-line order. There was no indication that any justice dissented from that decision.

Republican lawmakers did not immediately comment.

The Pennsylvania case, which began with a lawsuit filed last year by the League of Women Voters, is one of several gerrymandering challenges nationwide.

The U.S. Supreme Court is weighing whether to set a legal standard for partisan gerrymandering in two cases out of Wisconsin and Maryland. A ruling is expected by June. **REUTERS**



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23

Democrats need to flip 23 House seats nationwide to capture control of that chamber.

Snow expected to return to Philly

Had enough snow yet? Get ready for another 6 to 12 inches.

That's according to the National Weather Service's outpost in Mt. Holly, New Jersey, which reported on Monday evening a "high confidence that a winter storm will occur" across Philly, New Jersey and parts of Delaware and Maryland.

The Philadelphia area was put under a storm warning, and forecasts are predicting that another feared blast of snowfall and freezing temperatures will become a reality.

"The snow will be wet and heavy, difficult to shovel, and it will collect on trees and wires," the National Weather Service warned of a forecast snowfall expected to blanket Philly by Wednesday. "A heavy wet snow could result in downed trees and power lines, along with power outages. Travel will be difficult, if not

impossible, especially on Wednesday."

A wintry mix is expected to slowly spread across the area on Tuesday and "transition to all snow" overnight into Wednesday morning. Snow is expected all Wednesday afternoon into evening, and 1 to 3 inches of snow per hour is predicted to fall.

The worst-case scenario, a one-in-10 chance, would be 13 inches of snow in Philadelphia, the National Weather Service said.

Minor to moderate flooding could be possible along the coast.

It's unknown if hard winds will damage Philly trees the way they did last month. Winds of up to 30 to 40 mph are forecast Tuesday night going into Wednesday, with wind speeds dropping back down to 10 to 20 mph by Wednesday night.

Check MetroPhilly.us for all the latest storm updates.

SAM NEWHOUSE

SEX TRAFFICKING

Senate advances bill to penalize websites for sex trafficking

The U.S. Senate voted 94-2 on Monday to advance legislation to make it easier to penalize operators of websites that facilitate online sex trafficking, setting up final passage of a bill as soon as Tuesday that would chip away at a bedrock legal shield for the technology industry.

The House of Representatives passed the legislation overwhelmingly last month. It is expected to be sent to and signed by President Donald Trump later this week.

The bill's expected passage marks one of the most concrete actions in recent years from the U.S. Congress to tighten regulation of internet firms, which have drawn scrutiny from lawmakers in both parties over the past year because of an array of concerns regarding the size and influence of their platforms.

The Senate vote to limit debate on the sex trafficking legislation came as Facebook endured withering scrutiny over its data protection practices after reports that political analytics firm Cambridge Analytica harvested the private data on more than 50 million Facebook users through inappropriate means.

Several major internet companies, including Facebook and Alphabet's Google, have been reluctant in the past to support any congressional effort to dent what is known as Section 230 of the Communications Decency Act, a decades-old law that protects them from liability for the activities of their users.

But facing political pressure, the internet industry slowly warmed to a proposal that began to gain traction in the Senate last year.

The legislation is a result of years of law enforcement lobbying for a crackdown on the online classified site backpage.com, which is used for sex advertising.

It would make it easier for states and sex-trafficking victims to sue social media networks, advertisers and others that fail to keep exploitative material off their platforms.

Some critics have warned that the measure would weaken Section 230 in a way that would only serve to help established internet giants, which possess larger resources to police their content, and not adequately address the problem.

Republican Sen. Rand Paul and Democratic Sen. Ron Wyden cast the only no votes.

REUTERS



A traffic light next to the ice-covered Locust Medical Center building, which was completely iced over in the winter of 2015 after firefighters put out a fire there during subzero temperatures. CHARLES MOSTOLLER

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Gratitude toward life and a connection to one's environment are just some factors that influence a person's happiness, according to experts. ALL PHOTOS GETTY IMAGES

Happiness recipes for everyone

Tuesday is International Day of Happiness, so why not figure out how to find your joy?

When thinking about the word "happiness," an image that comes to mind is that of a smile. For others, it may look more like a party or a hammock in the Caribbean. But seen in that way, happiness becomes almost unattainable, too fleeting. So, why should we propose to be happy?

Maybe it's better not to try. Perhaps the error is in what we understand as happiness. The new currents of psychology understand it as the degree of satisfaction experienced day by day. Wenceslao Unanue, director of the Institute of Welfare and co-director of the Advanced Course in Organizational Happiness (DFO) at the Santiago, Chile-based Adolfo Ibáñez University, explained that "lasting happiness is where I find fulfillment — I can better withstand difficulties, and

I feel that my life has a sense."

"The happiest people are by far those who have better interpersonal relationships. Quantity is not what matters, but the quality of those relationships, feeling appreciated by others and also appreciating and loving others. These relationships not only focus on the family and the couple, but friends or co-workers are tremendously important as well," Unanue stated.

Altruism, gratitude toward life, generosity, leading a healthy life and more connection to the environment and nature have acquired an increasingly important value for the benefits they offer: greater optimism, strengthening emotional ties, reducing anxiety and depression, as well as improving health.

But to be happy, it is necessary to build that happiness. Excessive work, fatigue and a precarious salary are factors that make it difficult to connect with one's emotions and needs. Along with the state's responsibility to promote policies

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“... Quantity is not what matters, but the quality of those relationships, feeling appreciated by others and also appreciating and loving others.”

Wenceslao Unanue, director of the Institute of Welfare and co-director of the Advanced Course in Organizational Happiness

that grant basic levels of well-being, people around the world are beginning to take charge of their own happiness. Here are some examples of these trends:

Plogging

This concept, born in Scandinavia, mixes the Swedish words for “jog” and “pick up.” It consists of doing an outdoor physical activity while collecting garbage from the environment, such as bags, bottles, papers, etc. This has allowed groups of “ploggers” that share the same interest. The experience is being replicated in countries like England and Thailand.

Shinrin-yoku

This Japanese practice translates as “absorbing the atmosphere of the forest.” It involves walking for two hours, disconnected from any electronic device, following a guide that facilitates the connection. The idea is to focus on breathing and opening the senses: touching trees, smelling a flower, lying on the grass, etc. This is how you can rest from noise, worries and obsessive thoughts. Countries such as the U.S., Canada and Spain have already begun to implement this practice in their forests.

Lagom

The Swedish word “lagom” is translated as

“enough.” This trend is more related to a guiding concept of focusing on “the right measure” — to work enough, to eat enough, to rest enough, etc. A more comfortable life is privileged with basic things — that is, only what is necessary. Lagom tries to eliminate excesses and approach a more balanced life, both in the workplace and socially.

Combating isolation

Centers for older adults are demonstrating one of the most beneficial ways to strengthen social ties. The village of Frome, in the United Kingdom, drastically reduced (to 17 percent) emergency hospital care thanks to a support network promoted by the municipality, where community groups and volunteers generate spaces of coexistence with people who are alone (mainly senior citizens). The experience has been so good that today the farmers market is a meeting place and a spot for pleasant conversation for neighbors.

Give a coffee

Inhabitants of different cities around the world, such as San Francisco, are adopting the practice of paying for a coffee or a breakfast in the morning for the hundreds of people who live on the street, who can go to claim it when they wish, making the city a friendlier place. METRO WORLD NEWS

Q&A with Daniel Barros, laughter therapist
Laughter, for me, is a language, a form of communication. It helps me to be more flexible, and thanks to that, I stay young, audacious and flirtatious.

What is laughter therapy?

It is a technique that allows people to connect with themselves through humor and play. In these activities, we dance, sing, role play — always focused on laughter as an instrument to socialize.”

How does laughter help us to be happier?

Laughter is a corporal dance. When you laugh, you move more than 400 muscles, you release endorphins, you relax. It is a language that creates synergy in a group of people, allows you to present yourself in front of others naturally, as you are, without so much rigidity. In that sense, laughter is transgressive and allows you to fill the environment with

light, to stand in front of life in a different way.



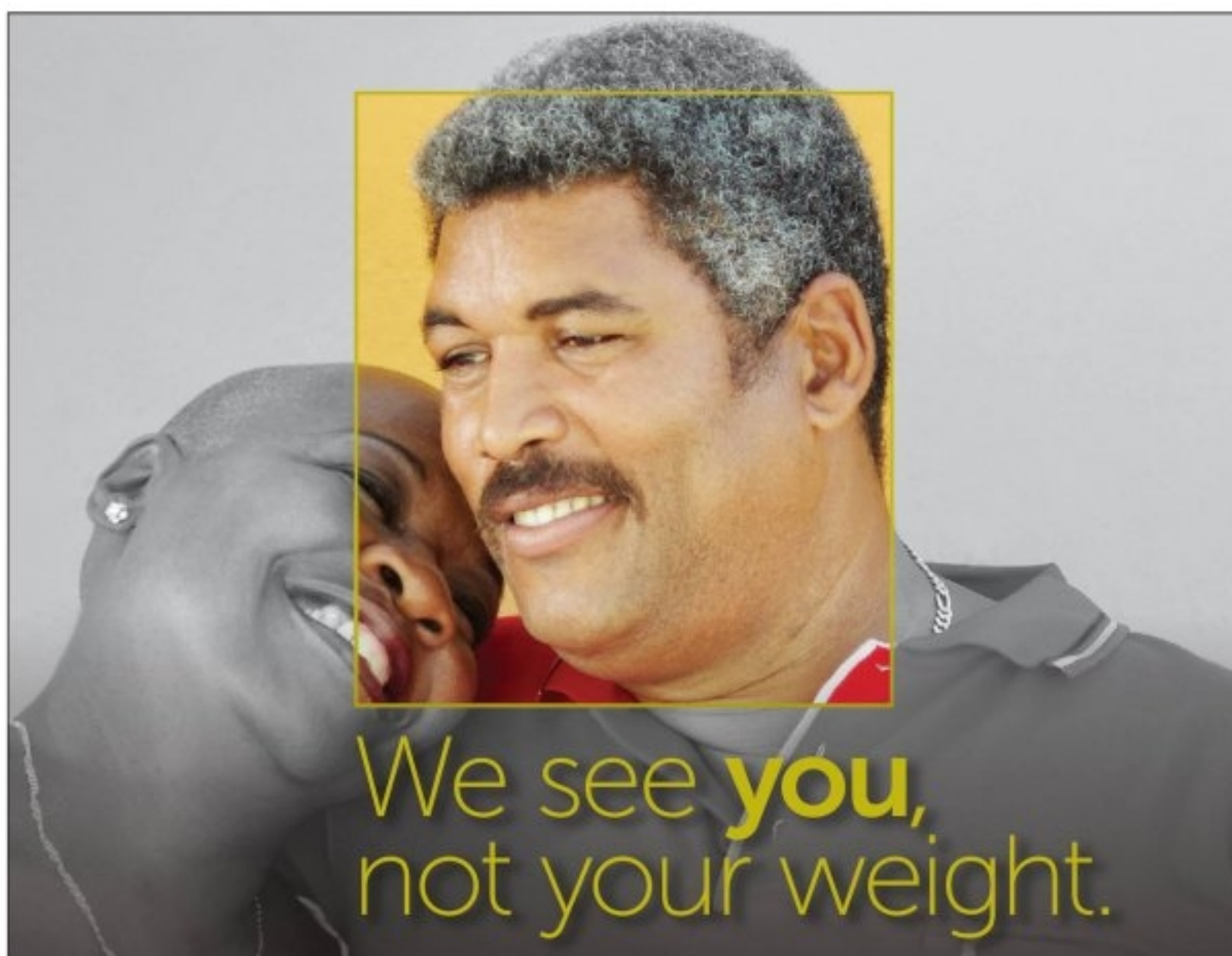
What do people learn at these workshops?

People learn from their partner, they improve their performance facing others. Humor as laughter promotes adaptation to change and reduces the frustration that we often have of our own limitations. Laughter helps to face problems better, be-

cause life is full of complications, but through humor and laughter we can look at them from another angle.

Why is it sometimes difficult to laugh?

A person who is good at laughing is looked at as socially immature, uncommitted, but that is a mistake, because people who are capable of laughing are often more competent and have more tools to face certain situations.”



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Is the flu over? Not so fast, says the CDC



LINNEA ZIELINSKI
linnea@metro.us

We all know that the flu season this year has been out of control. But with the weather fluctuations and the work stress, it's hard to tell if people (maybe even you) are still sick because of the wear and tear of daily life or residual effects of the flu. So, is the flu over?

Maybe you got lucky. Maybe you didn't get the flu vaccine this year, but managed to escape the winter without a cough or fever — but are you in the clear? After all, the end of flu season can be anywhere from March to May according to the CDC.

So, is the flu over?
Not quite, the CDC

cautions. Although the organization does note that they're finally seeing signs that the flu is slowing down, so we're getting close to the end of flu season 2017-2018.

"We're still in what we normally think of as flu season."

Kristen Nordlund

Although the number of cases of the flu dropped last week, according to the CDC's weekly influenza report, the activity of influenza-like illness was still considered moderate or high in 25 states. Even though we're trending in the right direction,



Although the number of cases of the flu dropped last week, according to the CDC, the activity of influenza-like illness was still considered moderate or high in 25 states GETTY IMAGES

we're not quite out of the woods CDC spokeswoman Kristen Nordlund cautioned. Talking to CNN about the data from the last few weeks, she said, "we're still continuing to see a decline in influenza-like activity. Even though it looks like all signs point to decreasing influenza activity, we're still in what we normally think of as flu season."

Can you still get the flu?

Since the answer to is the flu over is "not quite yet," it's still possible to come down with the illness even if it's less likely in some regions than others. "We're certainly seeing less states with high influenza-like illness activity, and it seems like things are easing up a little bit on the East Coast

and in the Midwest," Nordlund explained. "There's a cluster of states in the South having high activity."

The number of people seeking out their doctor about flu-like symptoms last week was 3.3 percent, still well above the expected level of 2.2 percent. That's a drop of only 0.4 percent from the previous week. What does that mean for you? Nordlund put it simply: "If people aren't feeling well and think they might have flu, there's still a chance they could have it."

And, no, it's not too late to get the flu shot if you haven't already. When is the cut-off? Nordlund says that it's still a good time to get the vaccine (if you haven't already) "as long as flu is circulating."

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US safety agencies probing fatal self-driving Uber car crash

The U.S. National Highway Traffic Safety Administration and the National Transportation Safety Board said Monday they are sending teams to Tempe, Arizona, to investigate an accident involving a self-driving Uber vehicle that killed a pedestrian.

A woman crossing a street was killed by an Uber self-driving sport utility vehicle in Arizona, police said on Monday, leading the ride services company to suspend its autonomous vehicle program across the U.S. and Canada.

The accident in the Phoenix suburb of Tempe marked the first fatality from a self-driving vehicle, which are being tested around the globe, and could derail efforts to fast-track the introduction of the new technology.

The vehicle was in autonomous mode with

an operator behind the wheel at the time of the accident, which occurred overnight Sunday to Monday, Tempe police said.

"The vehicle was traveling northbound ... when a female walking outside of the crosswalk crossed the road from west to east when she was struck by the Uber vehicle," police said in a statement.

The woman later died from her injuries in a hospital, police said. Her name has not been released because her next of kin had not yet been notified, police said.

The NHTSA said in a statement it is "in contact with Uber, Volvo, federal, state and local authorities regarding the incident" and will take appropriate action. The safety board said in a statement on Twitter that it was also sending a team to probe the crash.

In a tweet, Uber



An accident involving an Uber vehicle marked the first fatality from a self-driving car. GETTY IMAGES

expressed its condolences and said the San Francisco company was fully cooperating with authorities.

Tempe police could not immediately be reached for further comment. The city is 11 miles east of Phoenix.

On Friday, Alphabet Inc.'s self-driving unit Waymo and Uber urged Congress to pass sweeping legislation to speed the introduction of self-driving cars into the United States. The legislation has been blocked over safety concerns by some congressional Democrats, and Monday's fatality could hamper the quick passage of the bill, congressional aides said Monday. REUTERS



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Coming-of-age TV shows you need to stream right now

"On My Block" just premiered on Netflix, bringing with it all the teen angst and pleasant nostalgia it can muster. The series — proof that Netflix is doubling down on a variety of high school narratives — follows four street-savvy friends making their way through their freshman year against the background of South Central Los Angeles. It's also pretty funny! With that in mind, we're looking at other coming-of-age tv shows that make us feel all warm and fuzzy inside. Perfect if you're looking for something to binge/revisit. **RACHAEL VAUGHAN CLEMMONS**

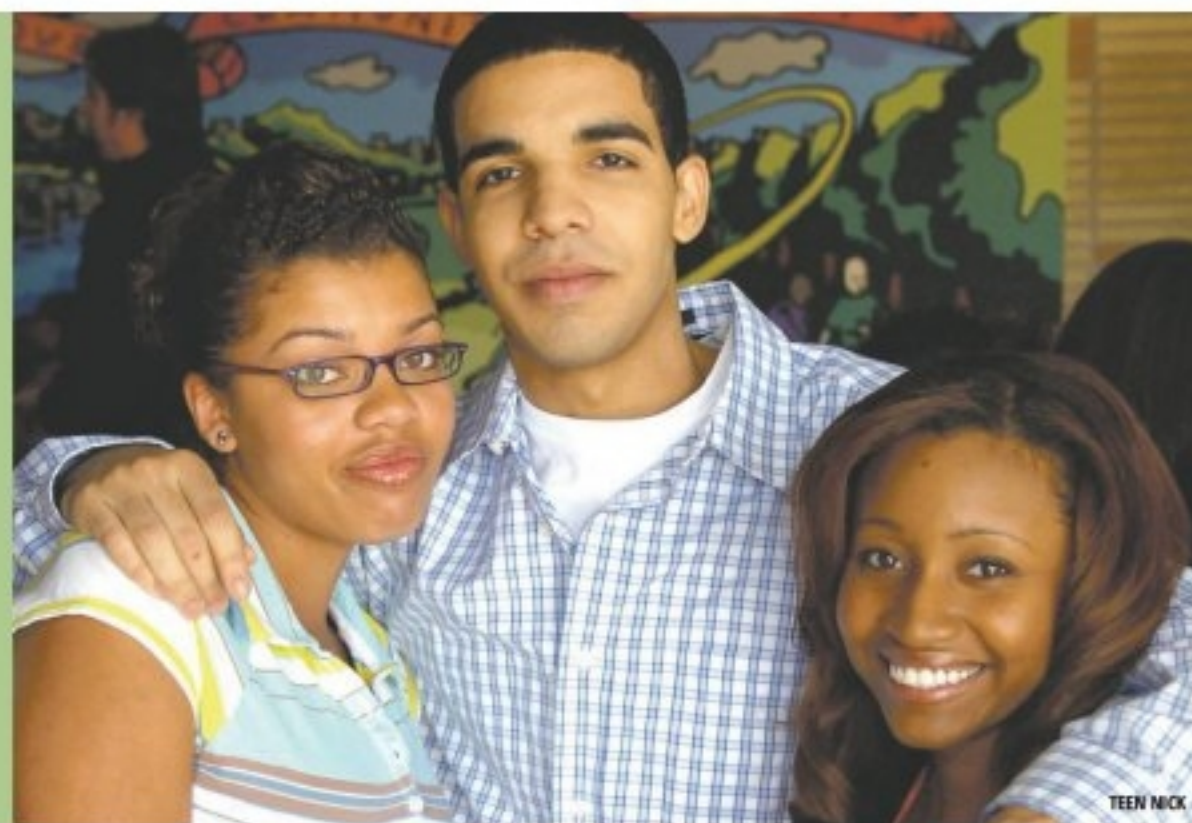


"Daria"

The satirical show about a misanthropic teen inspired a generation of cynical women, and we're here for it. Watching Daria — with best friend Jane — take no ish was particularly riveting.

"Degrassi"

Your standard lessons learned series, brimming with school shootings, all matter of bullying and, perhaps most importantly, a young Drake? Gets us teary just thinking about it.



"Freaks and Geeks"

The go-to when it comes to painfully accurate coming-of-age high school fare, "Freaks and Geeks" perfectly allows you to relieve the horrid moments of your childhood — and laugh at them at the same time.

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"Gossip Girl"

Somehow, this series about a group of horny, plotting and privileged high schoolers blended camp with plots about consent, first loves and the compulsion to be popular. XOXO.

"Gilmore Girls"

Sure, Stars Hollow is almost too quirky to even exist fictionally, but "Gilmore Girls" worth it for the banter, how straight-up sweet it is and its many tender moments. I love you, you idiot!



"Glee"

"Glee" took a bunch of well-defined, superfamiliar high school stereotypes and forced them together to sing Journey songs. Whether an episode focused on the popular jock or the over-the-top theater nerd, the series managed to humanize them all.



"My So-Called Life"

The show that never got a chance gave a raw look at adolescence and dealt with some dark stuff: child abuse, teenage alcoholism, homophobia and more. Also, Jordan Catalano still kind of makes us swoon, over 20 years later.



"The OC"

"The OC" is the perfect show. Starring a bunch of young adult actors posing as underage teens, it brings together a perfect storm of ridiculous plot lines, delicious drama, witty wordplay and the best trends of the early aughts. Welcome to the O.C., bitch!



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Get in line now for Philly's best pizza ... before it's gone

Beloved Pizzeria Beddia's going on hiatus, and you're going to pay for it by waiting hours for bragging rights.



JENNIFER LOGUE
jennifer.logue@metro.us

Pizzeria Beddia is closing at the end of the month, in case you didn't know.

And after Bon Appetit editor Andrew Knowlton published that the menu here includes "the best pizza in America," and that the owner, Joe Beddia, is "a pizza saint," the already-popular pie joint went viral, as they say. Which totally overwhelmed its two employees.

"I'd say the hype is real," says fan Arielle Horneck. "Joe Beddia is a pizza god, and I can't wait to see all his future



You're running out of time! **ARIELLE HORNECK**

successes."

You won't find a phone number for the original Pizzeria Beddia, and there's only enough dough to make 40 pies a day.

According to Bon Appetit, it's all Beddia "can manage without killing

himself." But what a noble way to go!

So if you want to get a pie, the only way to do it is to wait in line, which has gotten MUCH longer in recent days.

Beddia shocked Philly foodies when he announced in Febru-

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ary that he'd be closing the shop at the end of March, to have some time to rest before opening a larger pizzeria in Fishtown later this year.

With two weeks left to try pizza from the original Pizzeria Beddia,

the lines at the tiny shop have been enormous.

Billy Penn reports that people start lining up at 1 p.m. for a pizza they won't get until 5:30 p.m.

That's love.

As far as the new shop is concerned, Bed-

dia says on Instagram: "We all know it's not going to be as good," and, ever the humble crust genius, "I mean, it's not really that good now, it's just all hype."

Keepin' it real.

So have you tried Pizzeria Beddia? Going

to make the attempt? There are only a couple hundred pies left and counting, people. Better hurry.

Pizzeria Beddia is located at 115 E. Girard Avenue, and merch can be purchased at pizzeria-beddia.com

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The root cause of substance abuse is often anxiety. ALL PHOTOS ISTOCK

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When it comes to battling addiction, the path to recovery is rarely easy. Seabrook provides the tools to ease the journey and empower patients to live their best lives.

There's a common thread that runs through most addictions — anxiety. Metro sat down with Susan Desid-

erio, Seabrook's wellness coordinator, to shed light on how it's naturally treating anxiety and addiction.

What is the most common ailment patients seek treatment for?

The root of just about everything we see stems from anxiety. A lot of patients who come in are on medication to relieve anxiety, so at Seabrook we focus on teaching the patient natural, holistic ways to deal with those feelings. The idea is to educate the patients on strategies they can continue using after they leave. Anxiety, for many, stems from a past trauma, and addiction is a way of camouflaging that pain instead of really feeling and

dealing with it. When they come in, if we can just start relieving some of the anxiety, then we can begin to address the underlying causes of the destructive behaviors and begin the course of recovery.

What resources do you have to treat anxiety?

We focus on holistic approaches that are easy to access after leaving treatment. This includes massage, acupuncture, yoga, mindfulness, meditation, breathing exercises, physical fitness and so much more. All of these approaches help calm the restless mind so that patients can begin reflecting on recovery. Day seven is usually when withdrawal symptoms can begin

to feel overwhelming, so we bring in all the tools we have to help calm the mind/body and bring about some relief.

What happens during an initial wellness consult?

We sit one on one and just have a conversation about where they are in their life, things they're struggling with, and different things they're open to doing so we can start developing a plan. I like to talk about things they loved to do before addiction took hold of them so that we can reintroduce them to their passions and things they love. For some, this initial consult is the first chance they've ever had to really be heard.

What is the key to

operating in such an emotionally charged environment?

We listen to the patient. When they come in to see us, they're usually extremely anxious, to the point where they want to leave treatment because they don't think there's hope. So we find a way in and just open up a little doorway. It may be something as simple as getting their first massage. If we can take their anxiety down one little notch, suddenly their eyes start opening up. We get them to begin a positive change.

Is there any hope for chronic pain?

For a lot of patients, addiction stems from becoming dependent on pain medications

after an injury. We teach patients holistic ways to deal with the pain and relieve much of the pain. There's so much pressure in our culture to get right back to work after an injury; it's easy to fall into the trap of just blocking out the pain with prescription drugs. We help them understand their chronic pain, then help them get in the right direction toward healing. Mindfulness exercises can make a huge difference.

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GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades. @realglenmacnow



I'm going to miss LeGarrette Blount. The big RB came to Philadelphia a year ago with a reputation of being hard-hitting but surly. Fans fretted how Blount would respond if Doug Pederson didn't make him the Eagles' primary ball carrier.

Turns out, Blount was the consummate teammate. He was the first guy to welcome Jay Ajayi when the former Miami Dolphin joined the Eagles in November — a move that improved the team but reduced Blount's workload.

Blount continued to play tough, all the way through his 21-year TD run in the Super Bowl. On Sunday, he signed a free-agent contract with the Detroit Lions. But he left behind a message



Eagles fans will forever remember Brent Celek as an all-time Philly athlete, and LeGarrette Blount for his season of Super Bowl leadership. GETTY IMAGES

for the locals, posted on Instagram:

"To all the Eagles fans I thank you from the bottom of my heart for showing me so much love and accepting me with open arms! We brought the 1st ever Super Bowl to Philly! I loved and enjoyed my time there! What an amazing feeling!"

Players come and go in pro sports — especially the NFL, where there are virtually no guaran-

teed contracts. Trying to hold a team together, especially a Super Bowl champion, is like trying to hold water in your hand.

So we already know the 2018 Eagles will be vastly different than the team that just celebrated in front of two million fans at the art museum. We hope they'll be as talented, as united and as gritty as that historic group.

But already, four new

potential starters have flown into Philadelphia. And eight — eight! — key contributors are gone to trade, free agency, cuts or retirement.

I'm going to miss them all. I'll miss Torrey Smith. The wide receiver didn't have a great season and trading him to Carolina made sense. But he was a terrific teammate, leader and citizen during his one year here.

I'll miss "Bag o' Bones" Donnie Jones, whose booming punts so often gave the Eagles field-position advantage. I'll miss Beau Allen and Vinny Curry, both part of an outstanding defensive line rotation.

The best quote here comes from hockey — Broad Street Bullies coach Fred Shero, to be exact. The afternoon that the Flyers won their first Stanley Cup in 1974, Shero scrawled

this on the locker room chalkboard:

"Win today and we walk together forever."

And so it will be for the 2017 Eagles. Twenty years from now they'll hold a reunion, and hug like long lost brothers. We'll beg former TE Trey Burton to reenact the "Philly Special" with a graying Nick Foles and Corey Clement. We'll explain to our grandchildren how Patrick Robinson, here just for a season, turned around the NFC title game with that pick six against Minnesota.

I saved the best for last. I'll miss Brent Celek — released after 11 seasons because pro football is, let's face it, a heartless business. Rumors have Celek talking to the Lions and Chiefs, and while I wish him success, I know he'll just look odd in a uniform that isn't midnight green.

Celek already said he plans to make his home in Philadelphia. He's been deeply involved in businesses and charities during his years here. He hinted about returning to the organization in some capacity down the road. Owner Jeff Lurie was spot on when he once termed the tight end, "the ultimate Philadelphia Eagle."

If you see ever Celek — or any of these guys — around town, give him a high-five or a hug. And buy him a beer. After what they've given us, none should ever pay for a drink again.

Eagles likely to open season at home vs Vikings on TNF

The NFL schedule won't be revealed for a couple weeks, but all 32 teams already know who their opponents will be.

Philly, as part of its first place schedule, will play the Vikings and Rams in addition to playing each team in the NFC East (twice), NFC South and AFC South. Which means there will be an NFC

Championship rematch in Philadelphia.

According to WIP's Howard Eskin, Minnesota will come to Philly in Week 1, as part of the 16-year-old tradition of letting the Super Bowl champion kick off the first Thursday night football game.

The game could very well be the toughest test the Eagles face next



The NFL schedule will be announced shortly before the NFL draft. GETTY IMAGES

season. Even with the top-seeded NFC East schedule, Philadelphia has one of the easiest schedules in the NFL in 2018.

The Cowboys, Redskins (twice each), Colts, Texans and Buccaneers all had losing records last season.

A few playoff teams are on the slate, with the Rams, Saints, Pan-

thers, Titans, Falcons and Jaguars (in London) also on the schedule.

The 126-130 win-loss record for the Eagles opponents doesn't highlight the fact that they will need to handle several talented teams next season.

The 2018 NFL schedule release is expected to be somewhere around April 19. EVAN MACY

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The Flyers have just nine games remaining during the regular season. GETTY IMAGES

Flyers draw from 10-game losing streak in fall to break latest skid

Are the Flyers finally out, for good, from under their latest slump?

ERIC GOLDSTEIN
[@EricSponda](mailto:EricSponda@sports@metro.us)
sports@metro.us

Travis Konecny never doubted the Flyers would break out of their late-season funk. And, apparently, neither did any of his teammates.

Saddled with losses in seven of the last eight games and their grip on a playoff spot severely loosening, the Flyers won back-to-back games this weekend in Carolina and at home against the Metropolitan Division-leading Capitals to temporarily, at least, right the ship.

"Honestly, I don't think the confidence ever left," Konecny said following Sunday's 6-3 win over the Caps. "We know there are going to be ups and downs and you just have to work

through it. We played good through the stretch, but we didn't get the outcome we wanted."

The Flyers endured worse this season when they went winless [0-5-5] during a span that covered November and December.

To their credit, the players circled the wagons and never panicked. They trusted each other, the coaching staff and the system and emerged as a stronger team mentally to post one of the best records in the league in January and February.

When adversity struck again in March with a playoff berth on the line, the Flyers leaned on that experience from the fall.

"It helped 100 percent," Konecny said. "It's tough going through a stretch like that, but when we go into tough stretches now we are not nervous or worried about going on another 10-game win-

On the ice

at Red Wings
Tuesday, 7:30 p.m.

vs. Rangers
Thursday, 7 p.m.

at Penguins
Sunday, 12:20 p.m.

at Stars
next Tuesday
(3/27), 8:30 p.m.

less stretch. We've been in the situation before. We just need to bring it back in, control our emotions and stay positive - and it's just paid off for us."

It's pretty wild how quickly fortunes can change at this point of the year.

Over the span of 24 hours, the Flyers went from the brink of falling out of a playoff spot to within four points of first place in the Metropolitan Division

heading into Monday's games.

"It's all about weathering the storm," Flyers defenseman Shayne Gostisbehere said. "We've been in the driver's seat the whole time. We are not chasing anyone and we are in a play-off spot. I think we realize that we are in a good position here. So we just have to take it game-by-game, play with confidence and the rest will take care of itself."

With nine games left, anything can still happen.

Regardless of what transpires in the final three weeks, though, the Flyers feel they've proven they have the mettle to withstand and overcome any obstacles.

"This year we've done a very good job of sticking together, playing as a team and overcoming the hard parts of the season," defenseman Ivan Provorov said. "We just have to play the same way and we will get through it."

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- 5 Ump's cousin
- 8 The bride – white
- 12 Jeweler's lens
- 14 Piglet's papa
- 15 You said it!
- 16 White heron
- 17 Italian wine city
- 18 Sum and substance
- 19 Tobacco pipes
- 21 Medieval clown
- 23 Tint
- 24 Hope or Newhart
- 25 Dirty place
- 26 Engineless plane
- 30 Farm structures
- 32 Stopped a squeak
- 33 Concentration
- 37 "How've ya –?"
- 38 Oater sound effects
- 39 Brownish tint
- 40 Two-faced
- 42 Inflict, as damage
- 43 Diver's hazard
- 44 Take care of
- 45 Do christies
- 48 Tulip color
- 49 Harmless lie
- 50 Straw hat
- 52 From Kyoto
- 57 Language of Pakistan
- 58 Signify

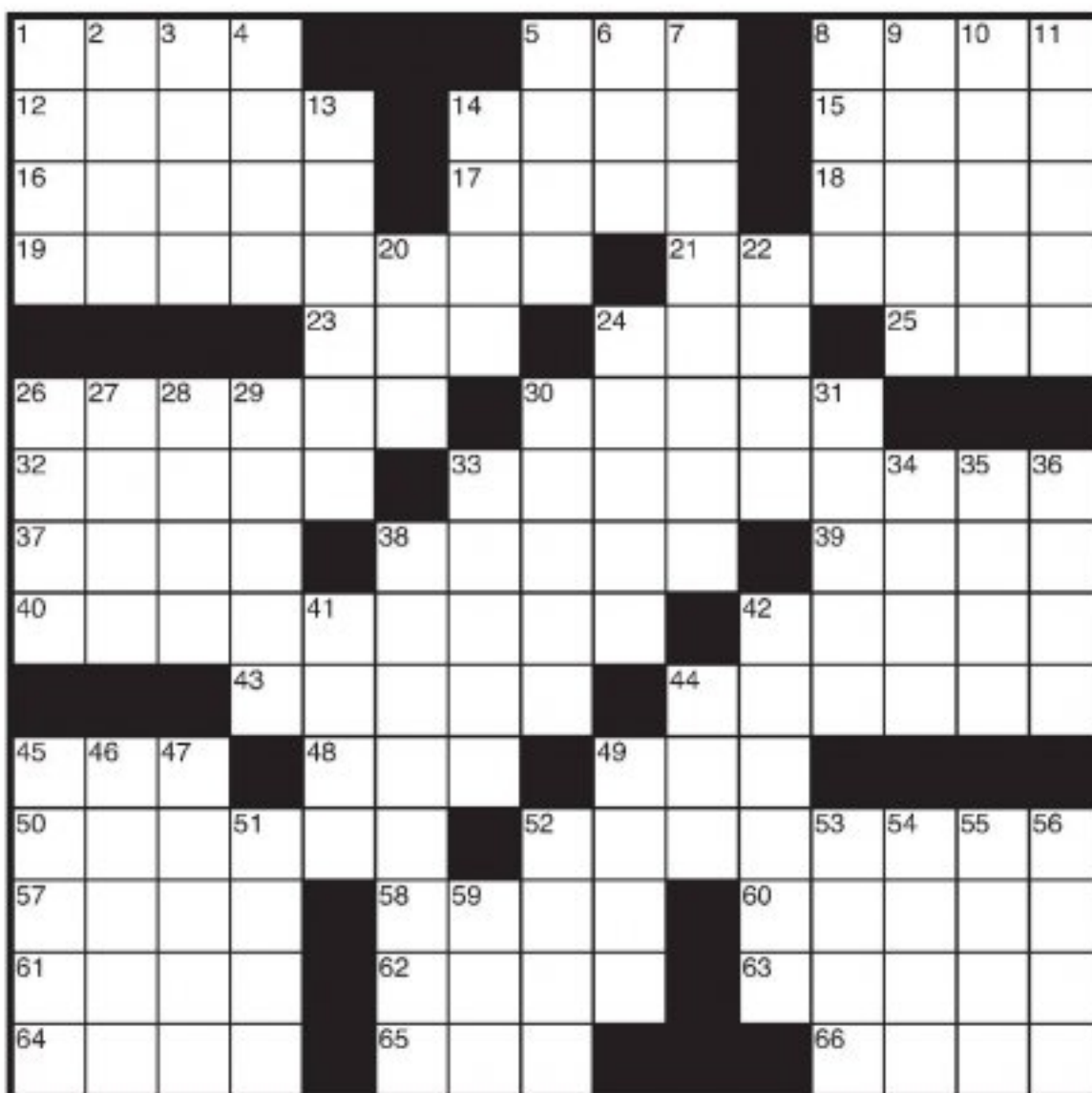
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- 64 Census info
- 65 Wale
- 66 Riverbank growth

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- 3 Cat sound
- 4 Inaugurate
- 5 "ER" medic
- 6 Wolf, say
- 7 Pedro's beans
- 8 Witty fellows
- 9 Leaves out
- 10 VCR button
- 11 Journal notation
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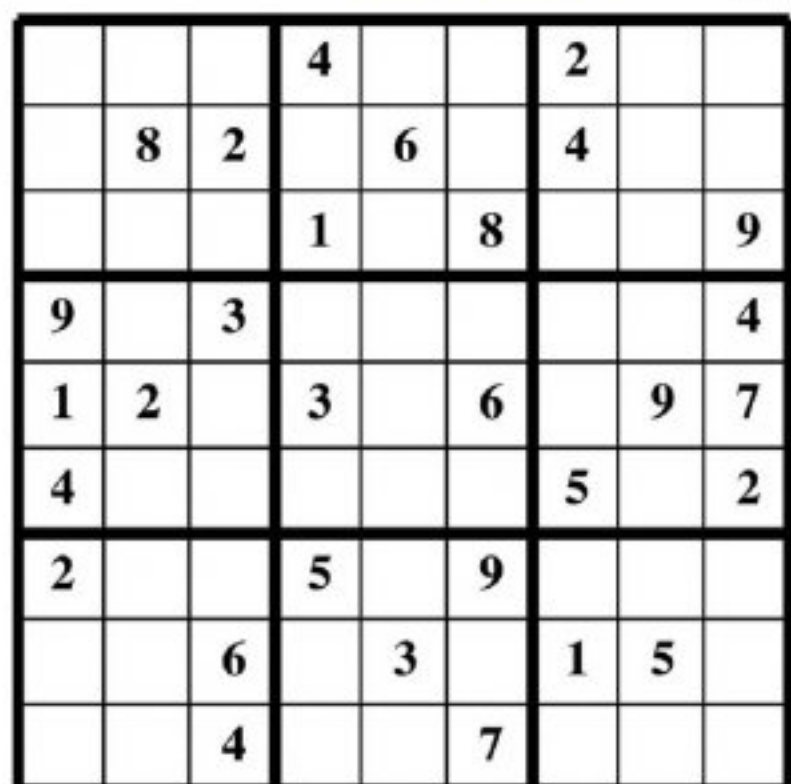
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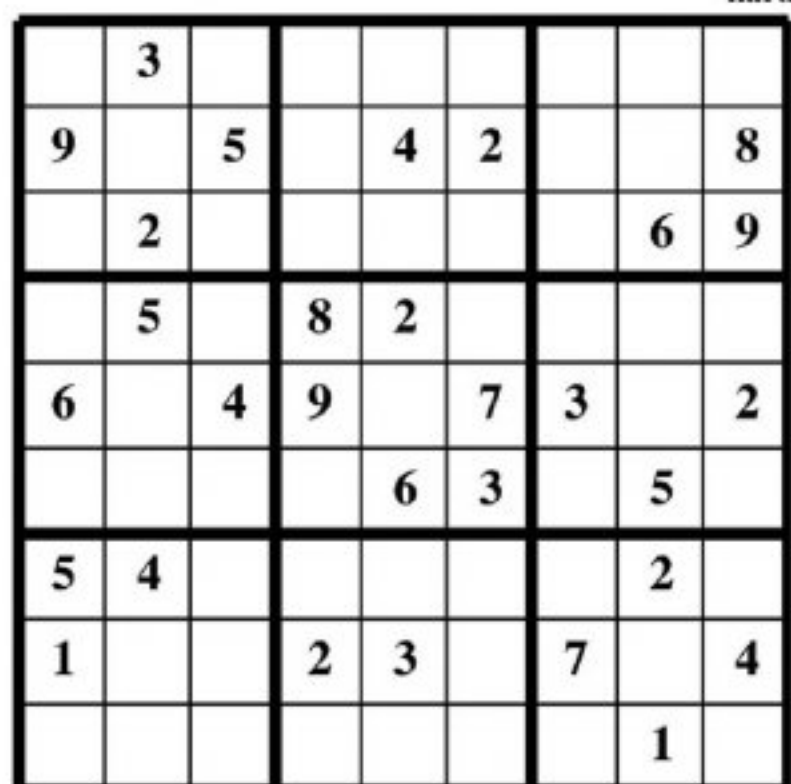


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easy



hard



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Aries Emotional energy will cause frustration and anger if you don't have an outlet. Choose something physical you enjoy doing to let off steam rather than getting into an argument.



Taurus Keep your thoughts to yourself and wait to see what others do and say before you step in and offer suggestions. Don't divulge personal secrets or travel too far from home.



Gemini Love may be enticing, but don't jump into something without giving it enough thought. Once you make a promise, you'll have to keep it if you want to maintain peace.



Cancer You'll face opposition when it comes to change. If someone puts up a fuss, consider the pros and cons that come with the change you or someone close to you wants to make.



Leo Focus on getting along, not on messing things up. Whether you are dealing with a friend, children, a parent or a loved one, listen and offer an incentive to get your way.



Virgo Stress will mount if you make changes to your home or haggle over the price of a costly venture or item. Proceed with caution.



Libra A positive attitude will help you ward off someone's grumpy attitude. Don't take no for an answer, and make plans that will brighten someone's day.



Scorpio Being pushy may bring about change, but it may also harm your relationship with someone special. Think about your actions before you say or do something you'll regret.



Sagittarius Your insight will help when dealing with people you are close to. Make suggestions and build a foundation for a healthy and progressive lifestyle.



Capricorn Keep your emotions in check and the changes you make minimal. Don't follow someone else when you should be doing your own thing. Take care of yourself first.



Aquarius Think big, but keep what you actually do simple and within budget. Focus on what's worth the effort and avoid what isn't. A romantic evening is encouraged.

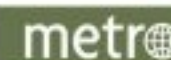


Pisces Look forward with optimism. Know what you are qualified to do and do whatever it takes to make your dreams come true. It's time to put your needs first. **EUGENIA LAST**

Yesterday's answers



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